



South Dakota Department of Education Child and Adult Nutrition Services



Children Vote with their Feet

Turnip the Beet

Importance of High Quality Meals

- Help children **learn, grow**, and stay **healthy**
- Increase and retain site **participation**



Both SFSP or SSO Sponsors

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Who is eligible?



- ✓ **Summer Food** Service Program Sponsors
- ✓ National School Lunch **Seamless Summer** Option Sponsors
- Must be in compliance with Program regulations
- Must be in good standing



Good Standing

- No Major findings on last Administrative Review
- Or have Corrective Action on last Administrative Review that has satisfactorily satisfied the State Agency
- Never has be found Seriously Deficient
- Never has been Terminated

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What is a high quality meal?

Appealing & Appetizing

- Menu variety
- Choices
- Visually appealing
- Culturally and age appropriate
- Hot items, when possible

Nutritious

- Whole grains
- Whole vegetables and fruit
- Low-fat or fat-free dairy
- Lean protein



United States Department of Agriculture

Menu variety – may have offer versus serve or multiple entrees (more information to come in these slides)

Age appropriate – if site draws very young children – apple is sliced

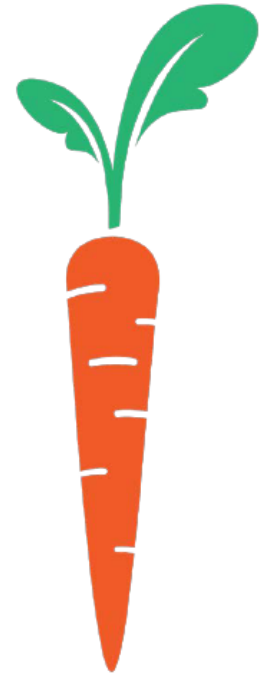
Nutritious – whole vegetables and fruits (not just offering juices)

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Evaluation Criteria

Clearly illustrate meals are **appetizing**, **appealing**, and **nutritious**

- Short answers
- Menu
- Other supporting materials (optional)



United States Department of Agriculture

Webpage & Resources

<https://www.fns.usda.gov/sfsp/turnip-the-beet>

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Short Answers (2 points each)

1. How are the meals **culturally appropriate**?
2. How are the meals prepared to be **age-appropriate** for the population being served?
3. Are taste tests, surveys, or other methods used to **gather feedback** from children about the meals served at the summer site?



The answers should be short answers instead of a narrative, they have listed examples in the instructions for what the Evaluators are seeking.

On-Month Menu

Turnip the Beet Award: Sample Menus

*Water is offered during all meal services

Meal	Day 1	Day 2	Day 3
Breakfast	Rise n' Shine Parfaits: Whole grain granola Low-fat plain yogurt Frozen mixed berries 1% and fat-free milk	Scrambled eggs Toast Tomato juice Fresh, sliced cantaloupe 1% and fat-free milk	Whole-wheat english muffin with peanut butter Whole grain cereal Banana 1% and fat-free milk
Lunch	Zesty spaghetti casserole Mixed greens salad with local cherry tomatoes Roasted vegetables (zucchini, summer squash) Orange slices 1% and fat-free milk	Southwest Chicken Wrap: Whole wheat tortilla Grilled chicken Lettuce Salsa Black beans Steamed broccoli Fresh pineapple chunks 1% and fat-free milk	BBQ Pork sandwich on whole grain bun Corn muffins Roasted green beans Local apple slices 1% and fat-free milk
Snack	Whole-grain crackers Fat-free chocolate milk	Crunchy carrot and celery sticks Hummus 1% and fat-free milk	Low-fat plain yogurt Frozen mango

One-Month Menu

- Turnip the Beet Award: Sample Menu
- Columns – Meal, Day 1, Day 2, Day 3
- Rows – Types of Meals, Breakfast, Lunch or Snack
- Detail in item name giving fun names, whole grain, fresh, local food, low-fat or fat free milk and preparation type on menu items (steamed broccoli, fresh mango, i.e.)

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Menu Evaluation (1 point each, 2 points for bonus)

- ☐ **Locally** produced vegetables, fruits, grains, m/ma are served and promoted one time per week, per meal type

Bonus: **Seasonal** food activities are offered

- ☐ **Entrees** repeat 2 times or less per month

Bonus: Menu includes at least **one hot item** per week

- ☐ Meals include a variety of **colors, flavors, and textures**

- Use the fun descriptive names on menu – examples “X-ray Carrots” or “Rise & Shine Parfaits”
- Local Foods - *denoting them on menu and put descriptive in key so the reader is aware
- Entrees should NOT be served on a monthly menu more than 2 times in a month.
- On menu designate if vegetable – fresh/frozen/dried/i.e. (Fresh is best, list on menu if fresh).
- Percentage of fat of milk served is listed on menu



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Menu Evaluation (1 point each)

- ☐ A **wide variety** of vegetables and fruit are served throughout the week

Bonus: At least one serve of each vegetable subgroup is served per week (2 points)

Bonus: The majority of vegetables and fruit are fresh (2 points)

- ☐ At least half of the grains served **whole grain-rich** (100% whole grain, or at least 50% whole grain and the remaining grains are enriched)

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Menu Evaluation (1 point each)

- ☐ **Sweet grains** are served no more than 2 times per meal per week

Bonus: Sweet grains are not served (2 points)

- ☐ Only **low-fat (1%)** or **fat-free (skim)** dairy products are served
- ☐ **Water** is available at no cost

Sample on One-Month Menu

Turnip the Beet Award: Sample Menus

*Water is offered during all meal services

Meal	Day 1	Day 2	Day 3
Breakfast	<p>Rise n' Shine Parfaits: Whole grain granola Low-fat plain yogurt Frozen mixed berries</p> <p>1% and fat-free milk</p>	<p>Scrambled eggs</p> <p>Toast</p> <p>Tomato juice</p> <p>Fresh, sliced cantaloupe</p> <p>1% and fat-free milk</p>	<p>Whole-wheat english muffin with peanut butter</p> <p>Whole grain cereal</p> <p>Banana</p> <p>1% and fat-free milk</p>
Lunch	<p>Zesty spaghetti casserole</p> <p>Mixed greens salad with local cherry tomatoes</p> <p>Roasted fresh vegetables (zucchini, summer squash)</p> <p>Orange slices</p> <p>1% and fat-free milk</p>	<p>Southwest Chicken Wrap: Whole wheat tortilla Grilled chicken Lettuce Salsa</p> <p>Black beans (canned)</p> <p>Steamed broccoli (from frozen)</p> <p>Fresh pineapple chunks</p> <p>1% and fat-free milk</p>	<p>BBQ Pork sandwich on whole grain bun</p> <p>Corn muffins</p> <p>Roasted fresh green beans</p> <p>Local apple slices</p> <p>1% and fat-free milk</p>
Snack	<p>Whole-grain crackers</p> <p>Fat-free chocolate milk</p>	<p>Crunchy carrot and celery sticks</p> <p>Hummus</p> <p>1% and fat-free milk</p>	<p>Low-fat plain yogurt</p> <p>Mango (from frozen)</p>

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Supporting Documents:

- Photos
- News articles
- Invoices of local food purchases
- Five (5) document limit

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Nomination Submissions

- Completed **Nomination Form**
- One month **menu**
- **Supporting documents** (optional; no more than five (5))



Webpage & Resources

<https://www.fns.usda.gov/sfsp/turnip-the-beet>

Scoring & Awards

Scoring

- **Short Answers:** 0-10 points
 - **Bonus:** up to 3 points
- **Menu:** 0-18 points

Award Levels



Bronze = 10-17 points



Silver = 18-25 points



Gold = 26-31 points

Recognition

- Bronze Award Recipients



Bronze = 10-17 points

- Receive: Turnip the Beet Certificate
- Recognition in the FNS Summer Newsletter

- Silver Award Recipients



Silver = 18-25 points

- Receive: Turnip the Beet Certificate
- Recognition in the FNS Summer Newsletter
- Announced on the USDA Blog

- Gold Award Recipients



Gold = 26-31 points

- Receive: Turnip the Beet Certificate
- Recognition in the FNS Summer Newsletter
- Announced on the USDA Blog
- Designated on the Summer Capacity Builder

Nomination and Application Process



- Sponsors complete & submit nomination form to South Dakota Department of Education – Child and Adult Nutrition Services julie.mccord@state.sd.us by **OCTOBER 10, 2018**
- State Agency verifies nominations are in good standing.
- FNS evaluates & scores nominations
- Announcement of winners – **SPRING 2019**

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Questions?



South Dakota SFSP or SSO Sponsors contact
Julie McCord with questions julie.mccord@state.sd.us